# Nestlé Golden Chef Hat Award

Nestlé PROFESSIONAL®

PRESENTER:

Nestlé PROFESSIONAL®

ORGANISER:

CHEFS ASSOCIATION OF MALAYSIA

A MEMBER OF WORLD ASSOCIATION OF CHEFS SOCIETIES

CO-ORGANISER:

TAYLOR'S UNIVERSITY

Wisdom • Integrity • Excellence

Nestlé Products Sdn. Bhd. (45229-H)

# Chase Your Dreams

## 5th NESTLÉ GOLDEN CHEF HAT AWARD

This is your chance to showcase your extraordinary talents and present your unique culinary creativity to top professionals in the field during the 5th installation of this prestigious competition!

Enter your entrees, season your starters and get ready to challenge your peers to win the coveted challenge trophy.

# Why enter?

Recognition, exposure,
and the chance to
win excellent prizes!

## Champion

**RM6,000** CASH
+ Challenge Trophy

## 1st Runner-up

**RM3,000** CASH

## 2nd Runner-up

**RM1,000** CASH

*Download your entry form here*

## Are you eligible?

1. You must be under 28 years of age as at **16th November 2012**.
2. You must be a Malaysian citizen and currently working in the F&B industry.
3. Your Entry Form must be signed by your Executive Chef or F&B Manager and must be accompanied with the company's official chop.
4. Your complete Entry Form should reach us no later than **21st September 2012.**
5. If you have any queries, please call Chef Ricky (012 6131610) or Ms Joey See Thoo (012 6582136).

## How it works:

- Submit your Entry Form with the completed details and signed by your Executive Chef or F&B Manager and accompanied with the company's official chop together with a copy of your MyKad. Entries will be accepted by email **ONLY**.
- Selected participants will be invited by email to attend a Menu Creation Session.
- The Menu Creation Session will include the presentation of a creative menu based on the ingredients of your choice. On the day of the Menu Creation Session, a Mystery Box will be revealed, comprising of selected MAGGI® products. The Rules & Regulations for the use of the Mystery Box will be determined on the day of the Menu Creation Session. The menu prepared must be for 4 servings of western dishes (1 set-display, 3 sets-judging) comprising of:

  **- Appetizer**
  **- Soup**
  **- Main Course**
  **- Dessert**

- You are allowed to use any ingredients for the Menu Creation Session, but all ingredients must be of **HALAL** origin.
- In your Entry Form, please indicate which of the 6 locations you wish to attend for the Menu Creation Session on **12th October 2012.**
- 16 of the best and most creative menus created will be shortlisted and participants would have to attend a Cook-off Competition held at **Taylor's University School of Hospitality, Tourism and Culinary Arts on 17th November 2012**. All 16 shortlisted candidates will be informed by email.
- During the Cook-off Competition, the menu for 4 servings must be prepared within a **3½ hours** time limit.
- Judging will be carried out by a panel of 8 judges, made up of foreign and local chefs and a nutritionist.
- The winners will be announced at a special Award Presentation Ceremony on **17th November 2012**. All finalists must attend the Award Presentation Ceremony in their Chef's Jacket. Finalists who do not attend this ceremony will be automatically disqualified.

# The Judging Criteria

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## MARKING SYSTEM

### 1.0 HYGIENE AND SAFETY (TOTAL 8 points)

**1.1** Personal (4 points)
- Clean hands, grooming
- Tasting with fingers
- Bad habits
- Clean uniform

**1.2** Work station (4 points)
- Floor
- Fridge
- Work benches
- Cooking range

### 2.0 MISE EN PLACE (TOTAL 9 points)

**2.1** Preparation of tools and equipments (3 points)

**2.2** Preparation of materials (3 points)

**2.3** Preparation of semi-finished products (3 points)

### 3.0 PREPARATION (TOTAL 23 points)

**3.1** Wastage (4 points)
- Commodities
- Burnt / spoilage

**3.2** Service (4 points)
- On time
- Correct temperature

**3.3** Product usage (1 point)
- Use of compulsory ingredients

**3.4** Skills (8 points)
- Proper techniques
- Cooking methods
- Proper use of equipment
- Creativity

**3.5** Organization (6 points)
- Planning
- Efficiency
- Work flow

### 4.0 PRESENTATION (20 POINTS)

**4.1** Dish meets criteria (4 points)
- Correct elements
- Correct cooking principles

**4.2** Plate presentation (4 points)
- No spills
- No fingerprints

**4.3** Visual appeal (8 points)
- Colour balance
- Presentation neatness
- Portion size
- Eye appeal / arrangements

**4.4** Food design (4 points)
- Degree of difficulty
- Creativity and style

### 5.0 NUTRITION, HEALTH & WELLNESS (10 POINTS)

**5.1** Balance combination of ingredients in total set menu - carbohydrate, protein, vegetables / fruits (7 points)

**5.2** Healthy Cooking Method (3 points)
- Main course prepared in healthier cooking method e.g. steam / bake / roast / grill

### 6.0 TASTE (30 POINTS)

**6.1** Taste / Texture

**6.2** Taste / Sensory

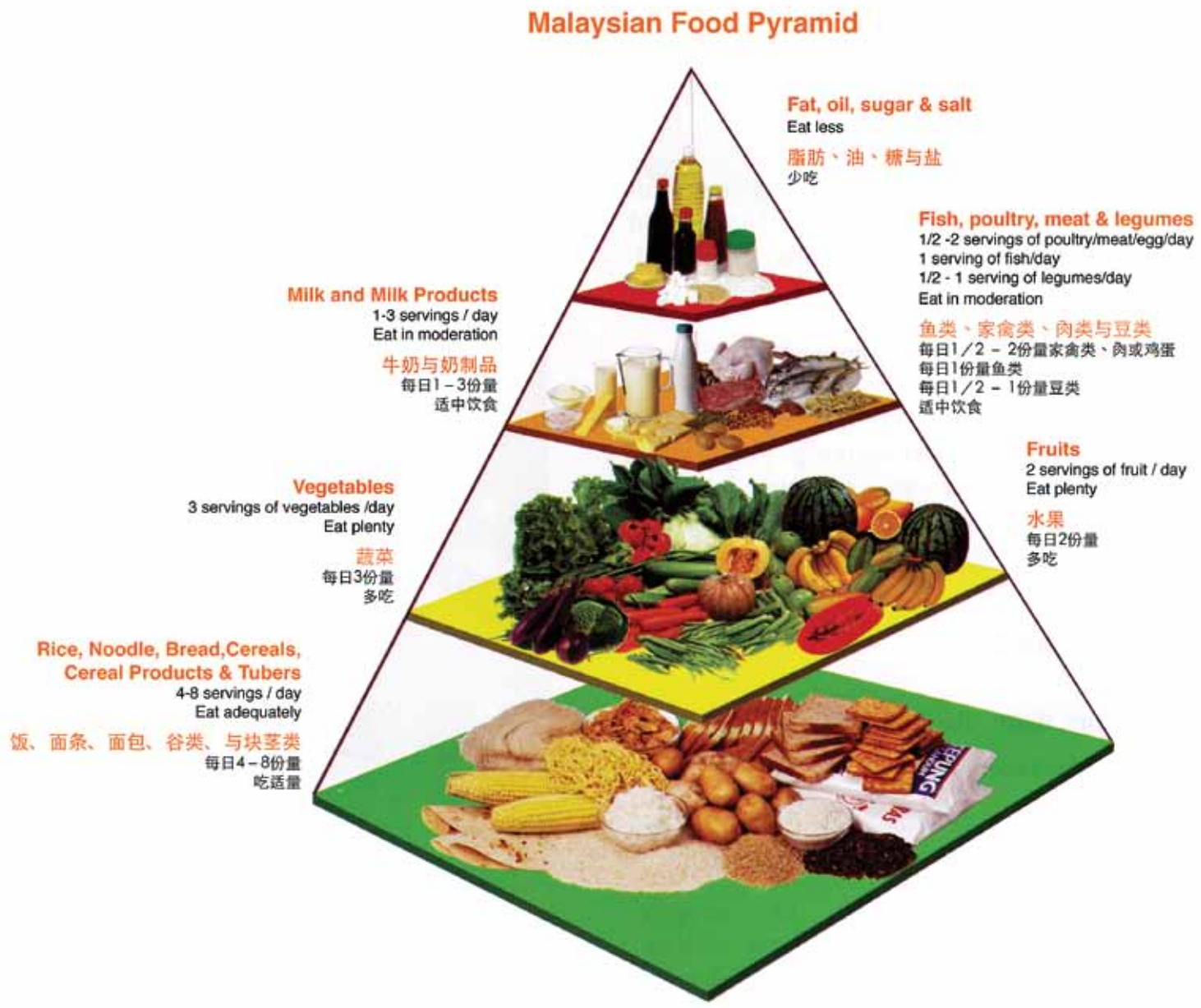
**6.3** Combined harmony

**Time allocation:**

**1.** Your menu should be prepared within the stipulated 3½ hours time limit during the competition.

**2.** Three [3] points will be deducted for the first five [5] minutes overdue, and one [1] point will be deducted for each subsequent minute over. For example: If a Finalist uses 3 hours and 45 minutes to complete their total menu, then a total of 13 points will be deducted from their total score. The deduction is derived from:

**(3 points for the first 5 minutes) + (1 point x 10 minutes) = 13 points**

# The Food Pyramid

The Food Pyramid is an excellent tool to help you make healthy food choices. It can help you choose from a variety of foods so you get the correct amount of nutrients needed, and the suggested serving sizes can help you control the amount of calories, fat, saturated fat, cholesterol, sugar or sodium you serve in your meals. Use the pyramid to guide you in your selection of ingredients to fulfil the Nutrition, Health & Wellness portion of the marking system.